Cream Sauce (medium) for CrVeg/Potato20

Number of Servings: 20 (64.41 g per serving)

Amount	Measure	Ingredient
5.00	cup	Milk, 1%, w/add vit A & D
4 3/4	Tbs	Flour, all purpose, white, bleached, enrich
2.00	Tbs	Margarine, soft, hydrog & reg soybean oil, Gold n Soft
1/2	tsp	Salt, table, iodized

Nutrients per serving

Nutrition Facts

Serving Size (64g)
Servings Per Container

Amount Per Serving

Calories 40 Calories from Fat 15

	% Daily Value*
Total Fat 1.5g	**2%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 95mg	**4%**
Total Carbohydrate 4g	**1%**
Dietary Fiber 0g	**0%**
Sugars 3g	
Protein 2g	

Vitamin A 4% • Vitamin C 0%
Calcium 8% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Instructions

Each ~2oz = 1 serving = 4 grams carbohydrate (0 Carb serving)

For variation: Parsley, dried parsley or chives may be added for color and appeal, especially when used for potatoes.

Notes

* Prepare ~6 cup white sauce per 25 cups vegetables

Melt margarine, remove from heat. Add flour and salt. Stir until smooth with wire whip, adding about 1/4 of the milk. Bring to a simmer and cook 2 minutes, stirring constantly.
Heat the rest of the milk in the microwave or a double boiler.
Add hot milk to cooked mixture with a wire whip. Cook and stir as necessary until smooth, simmering and thick.

Use in recipe such as creamed vegetables, etc. in the quantity needed for the volume being prepared.